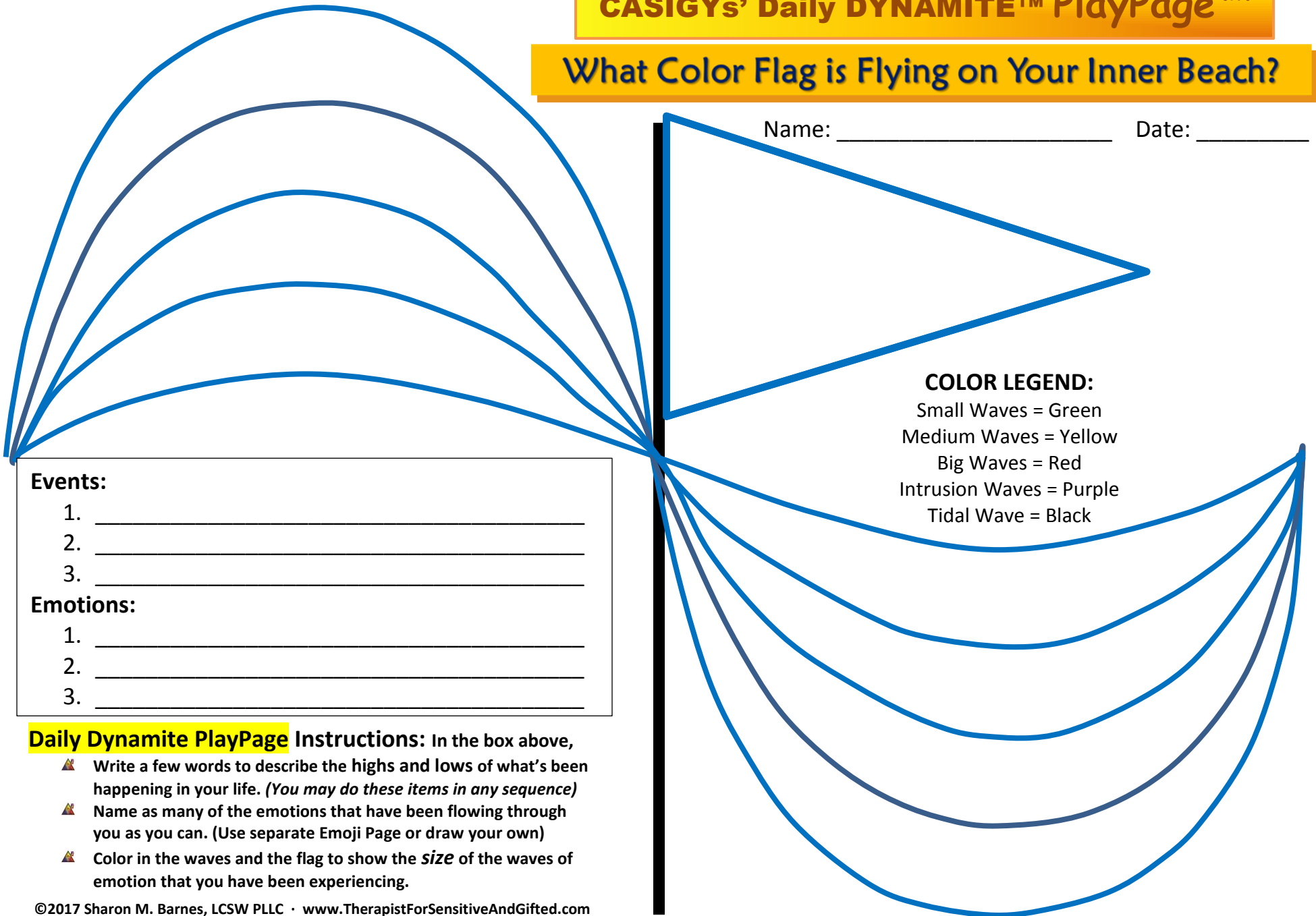


What Color Flag is Flying on Your Inner Beach?

Name: _____ Date: _____



COLOR LEGEND:

- Small Waves = Green
- Medium Waves = Yellow
- Big Waves = Red
- Intrusion Waves = Purple
- Tidal Wave = Black

Events:

1. _____
2. _____
3. _____

Emotions:

1. _____
2. _____
3. _____

Daily Dynamite PlayPage Instructions: In the box above,

- 🚩 Write a few words to describe the **highs** and **lows** of what's been happening in your life. *(You may do these items in any sequence)*
- 🚩 Name as many of the emotions that have been flowing through you as you can. *(Use separate Emoji Page or draw your own)*
- 🚩 Color in the waves and the flag to show the **size** of the waves of emotion that you have been experiencing.